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Fall 2014

Integral Counseling Psychology Newsletter

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California Institute of Integral Studies



Integral Counseling Psychology Newsletter

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Fall 2014

Letter from Barbara Morrill, ICP Chair

Dear Community,

Welcome to and Welcome back to ICP!

I hope you have had a refreshing summer and are ready for a deepening of your psychospiritual journey and starting or continuing on your path toward becoming a therapist.

In your classes in the Integral Counseling Program you will or have discovered we speak quite a bit about 'holding the tension of opposites' a Jungian notion for sure, and one that aptly describes the tension that arises when opposite points of view are expressed and we want to align with one and often oppose the other one. Whether as a therapist, client, partner, friend, faculty member, student or administrator, when polarities arise, and get constellated, the terrain can become difficult to navigate. I've been thinking about Jung's 'third function' or Gurdjieff's 'law of three' lately and want to share the nexus of these principles as I think they will help us when impasses of opposites arise in our decisions, actions, plans, and relationships.

In both theories there is a 'third force' that actually arises to bring the other two forces into relationship from which movement can emerge. It sounds magical, and, in fact, it is not so easy to identify or attune to. Jacob Needleman, a philosopher and part of Gurdjieff's Work, says that the "third force is invisible to human beings in the ordinary consciousness in which they live." And, of course, according to another student of Gurdjieff's Work and a



Christian Mystic, Cynthia Borgeault, it takes practice and Practices that shift the mind's attachments and "strengthens the nervous system to be able to bear the higher vibrational frequencies of what Gurdjieff calls "objective truth." This capacity to mediate the 'third force' belongs to what we would call unitive or nondual consciousness, something our founder Haridas Chaudhuri would see as our evolving of consciousness.

Jung says something similar when he talks about the third function as not a synthesis of the opposites but something entirely new, that resembles neither of the positions or poles but somehow incorporates them into a new 'third.' What this takes, as we continue this work, is fostering an alert

presence to each action, breathing into both sides of any situation, seeing where our resistance is, the attachments are, and what arises next.

As we enter this next year, I wish us all, students, administrators and faculty, the ongoing cultivation of these capacities.

Sincerely,
Barbara Morrill
ICP Program Chair

News

ICP News

by Kimberly Moody

Welcome back to campus! We had an amazing year last year full of memorable events, like our first annual Integral Consciousness Forum and our 40th Anniversary Celebration. Thanks to all of you for attending those events both as participants and as volunteers. It is always special to bring our community together.

As we head into this fall, we are excited to announce some changes. This summer, Barbara has been working hard to restructure our department so that we have more layers of leadership and administrative support. We are pleased to share that we have two new core faculty members, Rachael Vaughan and Ling Lam, who have joined ICP. We also recently hired a new full-time Program Coordinator, Sophia Mendoza, for the weekend program. We hope you will help welcome them as you see them in the halls!

This fall I will be making a change in my own life as well. I have been given an opportunity to continue my coaching

training and pursue coaching work full-time, so I will be leaving my role as Program Manager at CIIS. We have started searching for a Senior Program Manager to replace my position, but I will be here until mid-November helping our new staff get trained and settled.

As I have had the privilege to work with Barbara this year and witness her efforts to integrate feedback from our students and faculty and use it to improve the infrastructure of this department, I can tell you that things will only continue to get better from here. We are dedicated to providing the best educational experience we can for you as you navigate your path toward licensure.

I feel blessed to have been able to join this program last spring and to have been a part of the leadership team over the last year and a half, helping to pave the path for these changes.

I will miss all of you, but feel grateful knowing that I am leaving this place a little better than it was when I arrived, and that it will continue to improve and evolve over time, especially under Barbara's leadership and the support of the new team who will be coming on board. I hope you have a wonderful year!

ICPW News

By Monica Mody with Corrie Varga

Monica: Being at 8-day Fall Retreat Intensive at EarthRise at IONS was a beautiful opportunity for me to witness students across three cohort years immerse themselves in their journeys of intense personal transformation and academic maturation, and renew their commitment towards becoming therapists--soul-doctors--for their communities.

Corrie: The retreat started off with a magnificent full super moon and a heartwarming opening ritual to light our paths for the coming year together. Barbara Morrill welcomed the arrival of our new core faculty members, Rachael Vaughan and Ling Lam, to thunderous applause. Both have served as beloved adjunct faculty in the program and the student body was obviously overjoyed as they step into new roles. Stop by this fall to say hi to them at Room 209 on campus!

Monica: The combined AWARE/POC (Awakening to Whiteness & Racism Everywhere/People of Color) meeting on Wednesday at lunch invited the department--including

students, faculty, and staff--to engage whole-heartedly with the challenges of diversity. Both groups will continue to meet separately and sometimes come together during the weekends the cohorts meet. Look out for email announcements from them about the meeting dates and times! This year Rachael Vaughan will serve as the faculty facilitator for AWARE while Lee Ann Campbell will provide the student support, and Sharon Forsythe will be the POC student facilitator.

I am missing the deer and the long walks and the delicious food and the connection, as I imagine you are. Please join me and our ICP/W team in sending gratitude to each of the staff members at EarthRise for making sure we had another remarkable, easeful, and fruitful retreat stepping into the school year! Please also join us in sending love, light, and prayers to our beloved compadre, Darsie White, who is recovering and doing better every day.

Important Policies

Please be sure to review these important policies and keep them in mind when planning throughout your degree.

Attendance Policy

Students are expected to attend all class meetings regularly and punctually. 100% attendance is required for Retreat Intensives. Students will be assigned an F [Failure] or NP [No Pass] grade if they miss more than *six hours* of a 3 unit class, more than *four hours* of a 2 unit class, or more than *two hours* of a 1 unit class. This includes both excused and unexcused absences. Two instances of tardiness or leaving early are considered equivalent to one absence. Instructors may permit a student to deviate from this rule on the grounds of illness necessitating confinement for 24 hours or more, a death in the family, or other extreme emergencies. If an exception is made, permission must be granted by the course instructor and the Program Chair. The instructor may also request verification of these circumstances by a letter from a medical professional, the Dean of Students or the Academic Vice President. Instructors also reserve the right to enforce a stricter attendance policy. Please review course syllabi for the terms of each individual course.

PLEASE NOTE: The Board of Behavioral Sciences (BBS) requires full attendance in the following course. No tardiness or absences will be allowed:

Alcohol and Chemical Dependency (1 unit)

Personal Therapy Requirement

You are required to be in individual psychotherapy with a **licensed clinician** (MFT, psychologist, psychiatrist, or LCSW) at least once per week (50 sessions minimum) the year you are in practicum. If you plan to do your practicum in a school setting, in which case you would register for only two semesters (fall and spring) of supervision, you are still required to be in weekly therapy for a year. This year may begin the semester before you start practicum, or it may extend through the semester after you complete practicum. Please plan accordingly to avoid delaying your graduation. It is recommended that you allow ample time to interview therapists in order to find someone you want to work with for at least one year. You must meet with your therapist **a minimum of fifty times** during the course of this year. As proof of completion of this requirement, you must have your therapist sign a **Therapy Verification Form**, available in the ICP Office or download on MyCIIS. Submit this form to the advising and supervision coordinator at the end of the year. If you fail to complete this requirement, the ICP program will withhold your degree.

Practicum Corner

Supervision: Support on a New Journey

by Daniela Koenig, Advising and Supervision Coordinator

Starting in the summer semester students at external sites have started their first semester of practicum enrolled in group supervision. Many students have mentioned enjoying the experience of getting the support from fellow ICP students and hearing about other students' at external sites experiences.

ICP students:

For all students who started the ICP program in fall 2012 and on, who are doing their practicum at an external site will have to enroll in group supervision their first semester of practicum. We want to provide students at external sites with a community setting and a continued integral supervision approach similar to the ICCs. We will offer multiple group supervision classes on different days and times. For your 2nd & 3rd semester of practicum you are welcome to continue in group supervision or switch to working with an individual ICP supervisor.

ICP students at ICCs will work with an individual ICP supervisor during practicum.

ICPW students:

As some ICPW students live outside of the bay area and group supervision for CA Board of Behavior Science (BBS) regulations doesn't work in a weekend cohort format we encourage group supervision. ICPW fall 2012 students who are doing their practicum at an external site in the Bay Area are encouraged to enroll in a group supervision class as well. We can not make it mandatory due to the cohort model, however, strongly encourage weekend students to benefit from the integral supervision and the community setting by enrolling in group supervision.

Out of Bay Area ICPW and ICPW students at ICCs will continue working with an Individual ICP supervisor during all practicum semesters.

If you have any questions regarding any of these changes please don't hesitate to contact me.

Integral Counseling Center Corner

Church Street ICC News

by Deborah Stone, Clinic Manager

Church St Integral Counseling Center is thriving!
Here is our latest news:

Our beloved Lu Grey is officially retired from teaching, but continues on at Church St ICC as the key trainer in our internship program, in leading weekly group supervisions, and as a core Guest Trainer for trainees.

Church Street trainers and alumni (as part of the Bay Area Gestalt Institute) will be presenting at the International Association for the Advancement of Gestalt Therapists (IAAGT) conference at Asilomar in September. The theme is "Creating Diversity, Individuation, and Differentiation in a Gestalt Community, with an Emphasis on Clinical Training". The learning objective for this presentation is for participants to observe and be able to describe a process of incorporating diversity in community decision making. We are excited to be participating with thought leaders in this arena!

Church St continues to be an amazing place to develop

your experience as an Integral Therapist. Here you can build a foundation in:

- being present in the here and now
- including holistic (mind, body, spirit, emotional) realms from a phenomenological lens
- incorporating therapist relationality and subjectivity in the therapeutic alliance
- learning how to identify and embody choices from an inclusive perspective

Feel free to contact us with any questions you might have, and we look forward to seeing you at some point in the future

Events

Fall Events



Meet the Leadership!

ICP Consciousness Forum

with President Joseph Subbiondo, Vice President Judie Wexler, Dean of Students Arisika Razak and Program Chair Barbara Morrill
Thursday, September 11,
6:30-8:30 p.m. in Namaste



"If These Halls Could Talk" Film & Diversity Dialogue

with Lee Mun Wah
Thursday, October 2
7:00-10:00 p.m. in Namaste



Working with Clients' Self-Defeating Patterns

with Nancy McWilliams, PhD
Thursday, November 6
7:00 - 9:00 p.m. in Room 304

Supervisor Talks

Monday evenings from 6:15-7:30 p.m. in Room 210

Initial Session through an AEDP Lens: Building Connection to Self and Other

with Jennifer Edlin, MFT

October 20, 2014 in room 210

For more information about our ICP Events, [click here](#).

Field Placement Events

Practicum and Internship Fair

Friday, December 12, noon -3:00 p.m. in Namaste Hall

For more information, contact [Rodrigo Caldera](#)

For questions about Field Placement workshops, help with resume writing or external practicum site interviewing skills please contact [Rodrigo Calder](#)

CIIS and China-

Building Bridges and Deepening Connections

by Alzak Amlani

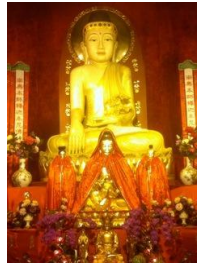
My trip to China this Spring began with enjoying a morning visit to a tranquil Buddhist temple. In the afternoon we walked around ponds surrounded by gardens and sculptures and rested at a tea house in the outskirts of Shanghai. This was respite after a twelve-hour flight and landing into one of the largest and busiest cities in China. I was escorted by two representatives of the Sinrong Group. This is a training and educational center for counselors and psychotherapists in Shanghai, introduced to CIIS by Jeremy Zhu, Ph.D. He is a graduate of our East-West Psychology program and is heading the CIIS--China collaboration from Beijing.



The East/West roots of CIIS are branching in unexpected and exciting ways at CIIS in the last couple of semesters. The American College of Traditional Chinese Medicine (ACTCM) is in the process of merging with CIIS, and CIIS has been invited by Beijing Forest University (BFU), Zhejiang University (ZJU), the Sinrong Group, and the

Beijing University of Chinese Medicine (BUCM) to offer lectures, courses, certificates and degrees as well as to engage in collaborative research in integral education and psychotherapy. This Spring marks the first wave of CIIS professors, administrators, and trustees in creating this bridge with China. I was one of the first faculty members to travel to Shanghai and Beijing to offer workshops at BFU and the Sinrong Group.

[To read more about Alazk's journey click here!](#)



Student Corner - Meet our Student Representatives!

We are excited to introduce our student reps to you! We will be working closely with them over the coming months to refine and improve the role of our Student Representatives, and to continue to discuss ways that they can more effectively serve on your behalf, helping give voice to student issues and concerns that arise, improve communication channels and build better community between both programs. We will keep you informed of new developments and ways to get involved in future newsletters. STAY TUNED!

ICP Student Rep - Aaron Wilson



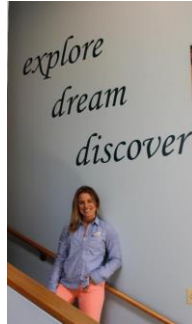
Hi! I'm Aaron.

I have spent the past ten years immersed in experiential education as a student, teacher, and administrator. Most recently I uprooted from northern Arizona, where I was deeply involved in massage education, to pursue my life long dream of becoming a psychotherapist. I am in awe of Northern California's beauty and deeply touched by the people, culture, and nature that make up the Bay Area.

As the new ICP liaison it is my job to share student experiences and perspectives with the ICP faculty and staff. Feedback is essential to the success of any learning community. It is my desire and role to make sure students are heard, so PLEASE share with me! Your feedback helps deepen and give new breath to this continually evolving program.

I am reachable by email Awilson279@gmail.com. I will also be holding office hours on the 2nd and 3rd Thursdays each month from 12:30-1:30p in Room 305. Please don't hesitate to contact me and I look forward to speaking with you!

ICPW Student Rep - Jaimee Law



Hello! My name is Jaimee and I am a second year student in the ICPW program.

As a freshman in my undergraduate career, I accepted the position of student representative for my residence hall association, and now, a decade later, I am confident to once again take on the role of Student Liaison, bridging the gap between colleagues and faculty. I assume the responsibility to communicate in an effective, compassionate and graceful manner, and I need your feedback to do so!

As the Student Liaison, I will be in attendance at monthly ICP Committee meetings and will meet with Barbara and the staff twice a semester, so please do not hesitate to contact me with relevant topics of discussion. During our weekends together on campus, I will be available on Friday lunch break in the café to meet and talk with you. My email address is lawjaimee@gmail.com should you need to contact me there.

What I love most about ICPW is the inclusion of a spiritual experience and I know that this truly is a transformational program. I am elated for the opportunity to give back to the community in a way that feels congruent with being

the change that I wish to see.

With grateful heart,
Jaimee Law

Alumni Corner - Where are they now?

ICP Alumni - Yael Melamed, MA, MFT

www.yaelmelamed.com



A 2011 graduate of ICP, I trained at Golden Gate, the Marina Counseling Center and the Jung Institute before opening my office on Union Street. I love my diverse practice, where I see individuals and couples, and also run a weekly process group with fellow ICP alum Jonathan Moss. Recently, I have started teaching as well, offering a didactic on Resentment and Forgiveness at Golden Gate and Pierce, and a couples class at Temple Emanu-El. But what I'm most excited about lately is that I have resumed writing.

When I started CIIS in 2009, I began to experience massive writer's block. As though plagued with laryngitis, I lost my voice. This experience was new to me; I had been on an intense business track before switching gears to pursue psychotherapy. In my alpha, competitive world, I never knew myself to have a shortage of words. But in the transition, I somehow lost them. It was painful to feel like a baby, learning to crawl, walk, run, talk, and be all over again. It was through the process of breaking-set into motion at CIIS-that I became more whole. And in this creative destruction, I found my voice as a psychotherapist. I would like to share with you my first piece, and all it represents for me.

The psychology of fertility

By Yael Melamed, Edited by Elizabeth Sullivan

www.psychedinsanfrancisco.com/psychology-fertility-2

When Jennifer Seibel Newsom's documentary Miss Representation came out in 2011, I watched it four times,

recruiting as many friends as I could. Why? Because it captured something-in a fact-based way-about the chauvinism that lingers in our society, despite the advances we have made.

[To continue reading Yael's article click here](#)

ICPW Alumni - Kate Ramsey, MA,MFTI

www.kateramsey.com



Greetings, my beloved ICP community! It's a pleasure and an honor to have this opportunity to connect with you. I'm Kate Ramsey, an alumna of the ICP Weekend Program and an MFT Intern since shortly after my graduation in June of 2013. What a year of immersion and growth it has been! I'm moved by the work that I get to be a part of as a psychotherapist, and inspired by the efforts and accomplishments of my ICPW cohort members, affectionately known as the Ladybugs and Dragonflies. Here is an update about what some of us are up to.

ICP Weekend is unique in that people participate in the program while living in both local and far-away places. I recently received word that in Santa Cruz, Julia Pinsky helped launch the ReTurn Project, a new program of Emcompass Community Services that provides therapy and social work for men and women exiting incarceration. Julia has a private practice, is deep into training in EMDR, and is on track to become a Mindfulness Based Stress Reduction (MBSR) facilitator. Meanwhile, in Portland, Oregon, Jen Anderson recently celebrated the first anniversary of her full-time private practice, already with an abundant caseload. Jen is training in Hakomi and becoming a Certified Daring Way™ Facilitator (created by and based on the work of Brené Brown), which has led her to run workshops and groups. I also learned recently that in Nashville, Tennessee, Adam Marshall has a private practice in two different locations and is training in hypnotherapy and helping to lead a meditation group of about 100 people. In Arcata, California, Jen Petullo provides therapy at the Humboldt Family Service Center

and teaches Abnormal Psychology and Sensation and Perception in the Psychology Department at Humboldt State University. Wow, everyone!

[To continue reading Kate's article click here](#)

ICP Anniversary Celebration - 40 Years

ICP Anniversary Celebration - 40 Years! by Richard Buggs

Over 130 ICP alums and their guests gathered in Namaste hall on May 3, 2014 for a celebration of the 40th anniversary of the program's founding. The event, co-sponsored by the ICP program and the Alumni Office, began with an afternoon tea honoring Vern Haddick, former faculty member and founder of the first CIIS library. After the buffet dinner, Brant Cortright provided an overview of the history of the program and acknowledged the late Paul Herman who co-founded the program in 1973.

Alum Susan Weiss offered a heartfelt tribute to Michael Kahn, who spoke affectionately about the students he trained during his years as Director of the Pierce Street Counseling Center. Alum Nina Watt paid tribute to retiring professor Lu Grey who spoke humorously about her early years as Director of the Church Street Counseling Center.



[Click here to read more](#)

Recommended Books & Films

BOOKS

[The Little Book on Authenticity](#)

by Dr. Nina Burrowes

Recommended by Philip Brooks

[Undefended Love](#)

by Jett Psaris and Marlena Lyons

Recommended by Philip Brooks

Trauma and the Soul

by Donald Kalsched

Recommended by Jessica Wallace

The Unsayable: The Hidden Language of Trauma

by Annie Rogers

Recommended by Rachael Vaughan

FILMS

The Astral City

Recommended by Brant Cortright

Buck

Recommended by Brant Cortright

PODCASTS

Shrink Rap Radio

Hosted by Dr. Dave

Recommended by Philip Brooks

To read our faculty and staff reviews, [click here](#).

The Integral Counseling Psychology (ICP) program is one of five distinct master's in counseling psychology programs at CIIS. ICP was the first East-West, transpersonal psychology graduate program in the world. Transpersonal psychology is a framework in which Western schools of psychology are synthesized with the world's spiritual traditions. We view psychological healing and growth within the larger context of spiritual unfolding.

A major emphasis of the Integral Counseling Psychology (ICP) program is on the two major streams of depth psychology: contemporary psychoanalytic and humanistic-existential. We want students to become sophisticated in working with transference and countertransference dynamics in a relational approach to the psyche while also being astute to existential and somatic approaches incorporating the wisdom of the body. Behavioral and family systems orientations are also taught in the ICP program.

Because our education is thorough, we consistently have one of the highest pass rates of all graduate degree programs in California for the Marriage and Family Therapist (MFT) licensure exam.

For more information, contact Kimberly Moody, ICP Program Manager, at (415)575-6225 or kmood@ciis.edu or Daniela Koenig, ICP Advising and Supervision Coordinator at (415)575-3490 or dkoenig@ciis.edu. For the ICP Weekend program, Sophia Mendoza, the ICPW Coordinator at (415)6130 or smendoza@ciis.edu



Sincerely,

Barbara, Sophia, Kim and Daniela
ICP Team
California Institute of Integral Studies

[Forward email](#)



This email was sent to bshirazi@ciis.edu by bmorrill@ciis.edu |
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